



## Quick Breakfast Tostada

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup black beans canned rinsed drained
- 4 6-inch corn tortillas ()
- 4 large egg whites
- 2 large eggs
- 0.3 cup spring onion chopped
- 0.3 cup milk 1% low-fat
- 0.5 cup salsa

- 0.3 teaspoon salt
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 0.3 cup cream fat-free sour

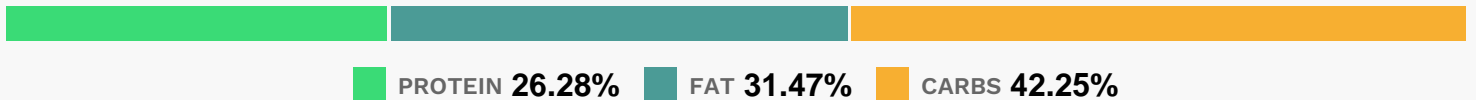
## Equipment

- whisk
- microwave

## Directions

- Combine first 5 ingredients in a large microwave-safe dish, stirring with a whisk. Microwave at HIGH for 3 minutes; stir. Microwave an additional 1 minute or until done. Arrange 1 tortilla on each of 4 microwave-safe plates; divide egg mixture evenly among the corn tortillas.
- Layer each serving with 2 tablespoons cheese, 1/4 cup beans, and 1 tablespoon green onions. Microwave each tostada at HIGH for 30 seconds. Top each tostada with 2 tablespoons salsa and 1 tablespoon sour cream.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.38, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:12.623478267504%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 235.11kcal (11.76%), Fat: 8.33g (12.82%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 19.81g (7.2%), Sugar: 2.77g (3.08%), Cholesterol: 109.21mg (36.4%), Sodium: 745.38mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Selenium: 21.84µg (31.2%), Phosphorus: 289.11mg (28.91%), Vitamin B2: 0.45mg (26.34%), Fiber: 5.37g (21.47%), Calcium: 203.16mg (20.32%), Vitamin K: 14.83µg (14.13%), Magnesium: 53.67mg (13.42%), Folate: 50.76µg (12.69%), Manganese: 0.25mg (12.63%), Potassium: 423.96mg (12.11%), Vitamin A: 563.49IU (11.27%), Zinc: 1.65mg (11.01%), Vitamin B6: 0.21mg (10.37%), Iron:

1.86mg (10.33%), Copper: 0.18mg (9.13%), Vitamin B12: 0.54µg (8.93%), Vitamin B1: 0.13mg (8.61%), Vitamin B5: 0.74mg (7.36%), Vitamin E: 0.88mg (5.84%), Vitamin B3: 1.14mg (5.71%), Vitamin D: 0.75µg (4.98%), Vitamin C: 2.95mg (3.58%)